



CACFP
*Building for
 the Future*

Did you know that there is a program that helps children in day care get nutritious meals?

It is called the “Child and Adult Care Food Program” (CACFP). It provides cash assistance to day care providers for serving nutritious meals and snacks to children in their care.

This flier will help you learn about the program. It explains how you can participate and gives answers to frequently asked questions.

What is the CACFP? The CACFP is a Federal nutrition assistance program. It is operated in most States by the State education agency or State health department. The U.S. Department of Agriculture (USDA) is responsible for the program nationwide.

I take care of children in my home—am I eligible? Yes, you are eligible to participate in CACFP if you are a “day care provider” and licensed or approved to provide non-residential child care for children in your home. Your license or approval must come from the State, or from a local agency.

How do I participate in the program? Day care providers must sign an agreement with a “*sponsoring organization*” that operates the program. Parents must also complete forms to enroll each child in the program.

What kinds of meals do I have to serve? Meals must meet nutritional guidelines established by USDA. To do this, you must supply and serve portions from different food groups at each meal. Please see the chart below. This “meal pattern” is slightly different for breakfast, lunch and snacks.

Breakfast: <i>One serving from each group</i>	Lunch or Supper	Snacks: <i>One serving from two of the four groups:</i>
Milk Fruit or Vegetable Grains or Bread	Milk— <i>one serving</i> Meat or meat alternate-- <i>one serving</i> Grains or bread-- <i>one serving</i> <i>Two different servings of fruits or vegetables</i>	Milk Meat or meat alternate Grains or bread Fruit or vegetable
For example: Milk, banana, and cereal	For example: Milk, cheese sandwich, carrots, and grapes	For example: Bagel and apple juice

How do I get paid? Providers must keep accurate daily records of the meals served and children present, and submit these records to the sponsoring organization each month. The records will be checked for accuracy by the sponsoring organization and then the provider is sent a check for each meal and snack which meets the meal pattern and is served to an enrolled child.

How many meals can I be paid for? You may be paid for the actual number of meals you serve to enrolled children—up to two meals and one snack, or two snacks and one meal per day for each child enrolled.

How much will I be paid? Rates vary depending on location of the home, the income of the provider or the children in care. Your sponsor will explain the system to you.

I also take care of my own children—can I be paid for the meals I serve to them?

Under certain circumstances you may receive payment for meals you serve to your own children in care. Check with the contact listed at the bottom of this page to see if you qualify.

Is there an age limit for children to participate? Yes, in day care homes only children 12 and under are eligible to have meals through CACFP.

Are there other requirements? Yes. Your sponsoring organization will provide training to help you better understand the rules of the program and give you the forms you need.

How do I get started? Contact the State agency or organization listed below for more information:



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English Version